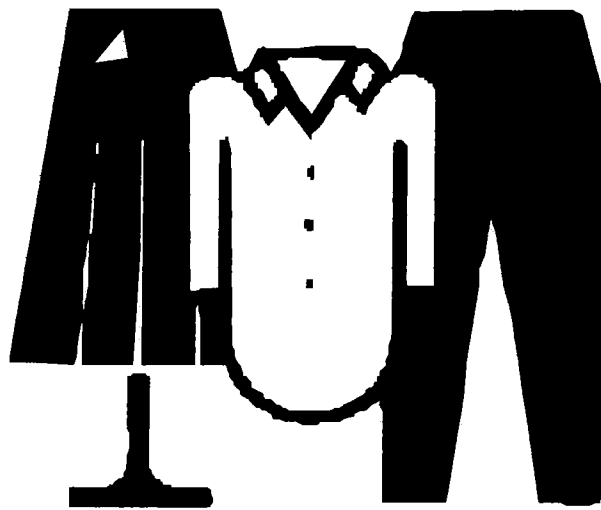


LOOKIN' GOOD!



***A Mini-Micropedia
Activities for Real Life Learning***

by

Marian B. Latzko

LOOKIN' GOOD!

ACTIVITIES for "REAL LIFE"

These experiences are designed to go along with "*Lookin' Good! A Mini-Micropedia.*" * or *I CAN DO IT! A Micropedia of Living On Your Own.* The sheets are designed to be used:

- with the Mini-Micropedia or *Micropedia* to apply and practice the knowledge offered in the book.
- by themselves as appropriate to the teacher and the learner.

It is especially meaningful to allow the micropedias or mini-micropedias to go with the "students" after their training. In this way they can look up what they need to know when they need it.

LEVELS OF LEARNING

The experiences are designed for three different levels of understanding needed when grooming and buying and caring for clothing.

1. **MINIMAL:** This is for very basic knowledge needed. It includes: fabric types, clothing labels; removing simple stains; laundry steps; hand laundering; personal grooming.
2. **INTERMEDIATE:** This is for further knowledge and includes: creating a wardrobe inventory and clothing plan; making a clothing budget; ironing; simple clothing repairs; shoe care.
3. **ADEQUATE:** This unit offers more comprehensive knowledge needed. Included are: judging quality and fit of clothing; seasonal clothing storage.

ADDED SUGGESTIONS FOR LEARNING

The cover sheet for each level has additional ideas for teaching. These are added to enrich the learning and to apply the knowledge learned in different ways. They will expand the knowledge through real applications. This will be especially meaningful for different types of learners.

TESTS ARE INCLUDED

If you need to know where the learner's knowledge level is before training, pre-tests are included. They are in the form of oral tests. There are also post-tests that can help evaluate what was learned.

* "*Lookin' Good! A Mini-Micropedia*" is taken from appropriate chapters of "*I CAN DO IT! A Micropedia of Living On Your Own*" by Marian B. Latzko M.S.

NOTE: THESE MATERIALS ARE TO BE USED IN ONE EDUCATIONAL SETTING FOR EDUCATIONAL PURPOSES ONLY.

LOOKIN' GOOD!

A Mini-Micropedia

(level 1, MINIMAL)

These experiences are designed for minimal knowledge needed clothing choice and care.

- Persons teaching clothing and its care can use *Lookin' Good! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the *Mini-Micropedia* or by themselves.
- There is a pre-oral test and an objective post test included.

The objectives of this unit are to:

1. Understand fabrics and their care (types of fibers, laundry products)
2. Interpret clothing labels
3. Remove simple stains from clothing
4. Demonstrate laundry steps at home and/or a Laundromat
5. Understand hand laundering steps
6. Plan and record personal grooming habits.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Create ads for laundry products.
2. Research stain removal on internet (i.e. www.sdahq.org)
3. Analyze full basket of normal laundry including linens.
4. Look at thread and fibers under a microscope.
5. Visit a Laundromat.
6. Create a laundry supply basket or box.
7. Set up a grooming school.
8. Create a puppet show depicting different fibers and their care process.
9. Visit a beauty parlor that services both men and women and learn grooming techniques.
10. Visit a dry cleaning store and laundromat.
11. Research how synthetic threads and fibers are made.



WHAT CAN A MICROSCOPE TELL US?

If you look at a fiber under a microscope, each fiber looks different.



Cotton



Wool



Synthetic

Cotton has a lumen down the center that was used to “feed” the cotton plant. *Wool* has scales. *Synthetics* are tube-like. They resemble a plastic straw.

Each fiber needs to be handled differently. Since there are so very many synthetics, it will be meaningful to understand how to care for them in a general way. Let’s explore!

Since synthetics resemble plastic straws, list the qualities you think a plastic straw has (i.e. consider strength, durability, absorption, heat, and shape.)

Since synthetic (man-made) threads are similar to plastic straws, what does this tell you about specific laundry processes of clothes made of synthetics? Relate to the following:

Water temperature

Ironing temperature

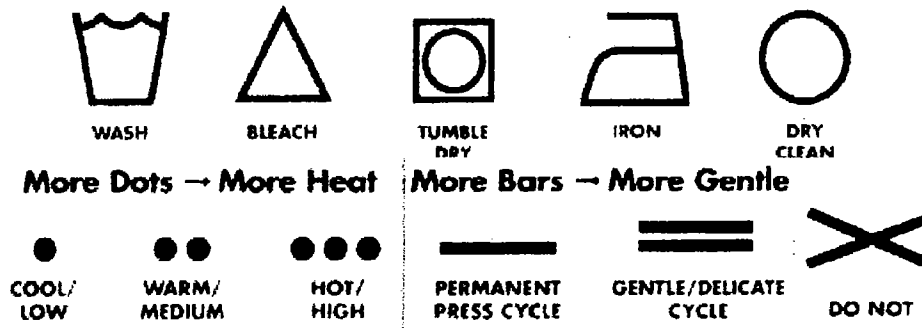
Drying process

Laundering process

Stain removal

(Now you might like to consider the handling of wool. (It resembles hair. Qualities of hair are that it tangles easily. It has oils that help its beauty. It can restore these oils. It can generally break off easily.) How do these traits relate to the care of a wool sweater?

MAKE YOUR OWN LABELS



Draw labels for clothes requiring the following care:

1. Machine wash
Warm water
Any bleach (when needed)
Normal cycle
Tumble dry any heat
2. Dry clean
Do not wash
3. Machine wash
Delicate/gentle cycle
Cool/cold water
Low tumble dry
Iron- low (dry or steam heat)
4. Hand wash
Do not tumble dry
Drip dry
Iron, medium temperature
5. Machine wash/permanent press cycle
Only non-chlorine bleach (when needed)
Tumble dry-medium heat setting
Iron medium (Dry or Steam Temperature)

Working in groups compare labels and see if labels agree.

Discuss:

- What can happen if label directions aren't followed?
- Where are clothes made?
- Why were simple symbol labels created?
- Do you know how to recognize different types of fabrics?



STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Chocolate			
Cola			
Grass			
Gum			



STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Lipstick			
Coffee			
Crayon			
Other			



WHO WINS THE LAUNDRY GAME?



The objective of this game is to learn how to remove stains from fabrics.

Divide group into two teams.

Create a name for each team.

Create index cards with the names of stain problems listed below:

mustard	meat	lipstick	milk	egg
blood	nail polish	rust	coffee	cola
ice cream	chocolate	ink	candle wax	orange juice
vomit	grease	deodorant	mildew	mud

Create another set of index cards with stain removal processes listed along with the name of stain to be removed.

Set rules for time allowed to give the answer to removal process of the chosen stain card.

Team #1 draws a card from the pile of stain problem index cards.

Team #2 explains how to treat the stain. (One point is scored for a correct answer.)

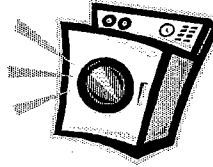
Team # 2 then draws a card from the pile of stain problem index cards.

Team # 1 explains how to treat the stain. (One point is scored for a correct answer.)

Alternately draw a card from the pile of stain problems. The one with the most points for correct answers **WINS !**

SCORE SHEET	
Team # 1	Team # 2

I DID THE LAUNDRY!



Help do the laundry at home or at a Laundromat.

Check off the items that were accomplished:

- Read the labels and analyzed the fabrics.
- Sorted the items by color and fabric.
- Prepared pieces for washing.
 - emptied pockets
 - closed zippers and hooks
 - knotted belts, strings, and long stockings
 - brushed lint from cuffs and pockets
 - repaired holes or tears
 - removed trims that could fade
 - turned inside out: permanent press garments with creases or prints, knits, jeans

Removed stains

Type of stain #1: _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Type of stain #2: _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Type of stain: #3 _____

Prechecked stain remover on unseen part of garment? _____ (yes or no)

Process and products used: _____

Washed clothes and linens

Load #1 Water temperature _____ Type of products _____

Load #2 Water temperature _____ Type of products _____

Load #3 Water temperature _____ Type of products _____

Load #4 Water temperature _____ Type of products _____

Garments that were hand laundered: _____

Dried and ironed items

Used dryer (Drying temperature of cycle _____)

Line dried

Ironed items

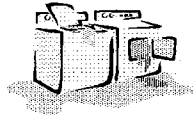
Folded items

Put items away

Handled correct money if using a Laundromat.

Problems I had:

Name of person observing _____ Date accomplished _____



LAUNDRY PROCESS



How do you wash a pair of 100% cotton blue jeans?
(The jeans are stained with oil and grass.)
The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing

cold warm hot

Water temperature to use for rinsing:

cold warm hot

Agitation speed:

slow medium fast

Drying process:

Ironing:

Necessary Not necessary

Iron temperature:

How do you wash a machine washable wool?
(There is a tomato sauce pizza stain on the front.)
The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing:

cold warm hot

Water temperature to use for rinsing:

cold warm hot

Agitation speed:

slow medium fast

Drying process:

Ironing:

Necessary Not necessary

Iron temperature:



Washing Things by Hand. . .

Demonstrate or explain how to hand wash the following items:

WOOL SWEATER:

Product used:

Temperature of water:

Process of agitation:

Rinse process:

Drying process:

Other information:

SILK SHIRT:

Product used:

Temperature of water:

Process of agitation:

Rinse process:






Drying process:

Ironing process:

Other information:



MY GROOMING PLAN CHECKLIST

Grooming Area	I do this regularly	I need to know more about this	I need improvement
 Body Wash face twice a day. Shower or bathe daily. Wash hands after using bathroom. Wash hands before eating or preparing food. Use deodorant or antiperspirant when necessary.			
 Hands and Nails Trim and file fingernails weekly or as needed. Trim and file toenails weekly or as needed. Avoid nail biting. Remove chipped fingernail polish. Keep fingernails clean Push back cuticle after shower or bath.			
 Hair Shampoo hair as needed. Brush daily. Brush or comb as needed. Shave facial hair appropriately as needed. Style hair appropriately.			
 Dental Brush and floss teeth after meals. Visit dentist at least once a year. Rinse mouth with water after eating snacks. Limit carbohydrate intake between meals.			
 Clothing Wear clean and mended clothes. Wear clean or polished shoes. Wear clothes appropriate to the occasion. Wear clothes becoming to you. Maintain good posture so clothes look good.			

List any roadblocks you have that can keep you from good grooming habits.

List ways to overcome the roadblocks.

How can you find the information you need?

MY "CHANGE A HABIT" PLAN

Looking back at your grooming chart, list items below that you want to improve.

<i>Items I want to improve:</i>	<i>How I'll improve them:</i>	<i>Date to accomplish:</i>
1.		
2.		
3.		
4.		
5.		
6.		
7.		

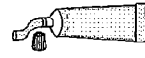
Signed: _____ Date: _____

Evaluate your success!

Create a picture, rap poem, or poem about your successes and your failures.



GROOMING COSTS



When figuring budgets, costs of grooming can come as a surprise. The chart below will help to:

- *analyze your personal grooming costs
- *consider alternatives for cutting costs

GROOMING SUPPLIES I USE	COST	ALTERNATIVE
Hair (shampoo, mousse, conditioner, etc.)		
Face (soap, make-up, razor, lotion, medication, etc.)		
Body (lotions, deoderants, perfumes, soaps, etc.)		
Mouth (toothpaste, mouthwash, dental floss, etc.)		
Hands (nail polish, lotion, cleaners, creams, etc.)		
Professional help (hair cuts, permanents, etc.)		
Other things:		

Oral Pre-Test
“Lookin’ Good!”
(Level 1 - Minimal)

1. Why is it helpful to recognize fabrics in clothing? *(If labels are gone, you know how to care for items.)*
2. Do you recognize the meaning of the label symbols on your clothes? *(Answer yes or no. Should give examples.)*
3. Do you know how to remove the following stains from clothes: mustard, coke, ketchup, grass, mud? *(Answer yes or no. Should be able to explain products used and the method of removal.)*
4. Explain laundry products to use when doing laundry. *(enzyme pre-soak, detergents, starch, heavy duty detergent, oxygen bleach.)*
5. Have you ever done family laundry? *(Yes or no) What steps did you follow? (Read labels. Sort. Prepare by doing such things as: clean pockets, remove trims, zip zippers, repair seams. Remove stains. Wash with appropriate laundry products and wash/dry temperature. Iron if appropriate.)*
5. How do you do hand washing of:
 - a. A sweater *(Dry clean if recommended. Use cool water with special cold water cleansers. Gently squeeze solution through fibers. Rinse well. Press water out with hand. Roll in towel. Lay flat. Stretch to shape.)*
 - b. A silk shirt *(If hand washable, launder gently in lukewarm water with detergent compatible with silk. Rinse in lukewarm or cold water. Wrap in towel. Dry on gentle cycle or hand to dry or iron when damp.. Iron on reverse side at low temperature.)*
6. Do you have a regular grooming plan? *(Yes or no) How do you groom your hands, face, body, teeth? Is there any habit you should work on? Why is clothing care a part of grooming? (Image is given by condition of clothing.)*

EVALUATION

1-5. Match the following symbols with their meanings:

- a. wash b. tumble dry c. bleach d. dry clean e. iron



6-11. Match the following codes to their symbol:

- a. cool/low b. warm/medium c. permanent press cycle d. hot/high
e. do not f. gentle/delicate cycle



12-16. Match the following stain removal methods with the stain that is to be removed:

- | | |
|---|--|
| <p>___ 12. blood</p> <p>___ 13. chewing gum</p> <p>___ 14. lipstick</p> <p>___ 15. grease</p> <p>___ 16. cola</p> | <p>a. Pretreat with stain remover, liquid laundry detergent, paste of powder detergent, and water. Rinse. Launder</p> <p>b. Soak in cold water. Launder. If stain remains, use bleach safe for fabric.</p> <p>c. Soak in enzyme product. If stain remains, use bleach safe for fabric.</p> <p>d. Sponge or soak in cool water. Pretreat with prewash stain remover or detergent and water. Launder using bleach safe for fabric.</p> <p>e. Harden with ice, scrape off, saturate with cleaning fluid or prewash stain remover. Rinse. Launder.</p> |
|---|--|

Match the following product with its definition:

- | | |
|--|---|
| <p>___ 17. water softener</p> <p>___ 18. light-duty detergent</p> <p>___ 19. chlorine bleach</p> <p>___ 20. laundry detergent</p> <p>___ 21. oxygen bleach</p> | <p>a. detergent created for fragile garments</p> <p>b. dry bleach that works on most fabrics</p> <p>c. detergent created for many fabric types</p> <p>d. liquid sodium hypochlorite</p> <p>e. an agent that removes water hardness minerals</p> |
|--|---|

Place an "X" in front of all of the best answers:

22-26: Synthetic fibers should be:

- ___ washed in hot water to remove stains
- ___ dried in moderate heat
- ___ removed from dryer when cooled
- ___ ironed with cool to warm temperature
- ___ none of the above.

27-31: Labels were required by law because:

- ___ fibers can require different care
- ___ wool is not always washable
- ___ different fibers are sometimes blended together
- ___ it is difficult to judge types of fibers
- ___ all of the above.

32-36: When grooming you should:

- ___ cut toenails straight across
- ___ use lotion on skin when it is dry
- ___ brush hair daily
- ___ brush and floss teeth after every meal
- ___ all of the above.

37-41: Which of the following items can be safely washed together in hot water?

- ___ white cotton shirts
- ___ silk print shirt
- ___ plain white cotton sweat shirt
- ___ light blue color fast shirt
- ___ washable red sweater

42-46: Which of the following statements are general rules for all stains on washable items?

- If cause of stain is unknown, rinse in hot water
- All stains may not come out
- Launder garment after stain is removed
- Test fluorescent colors for color fastness
- Follow directions on any spot remover product.

47-51: Which of the following statements are general rules to use when drying clothes in a dryer.

- Don't over dry items.
- Use appropriate dryer setting for items.
- All types of items can be dried together.
- Total garments should dry when removed from dryer.
- All of the above.

52-56: Put an "S" in front of synthetic fabrics and an "N" in front of natural fibers:

- silk
- polyester
- wool
- nylon
- rayon

Place a "T" in front of the statements that are true. Place an "F" in front of the statements that are false:

- 57. Fabric blends should be treated as the stronger of the fibers.
- 58. Clothes that need gentle handling should be washed separately.
- 59. Skin does not need protection from the sun.
- 60. Enzyme detergents work well on protein based stains such as milk.
- 61. Cotton is stronger than wool.
- 62. Spray, stick, or liquid stain removers work on most small stains and soil lines.
- 63. If you choose to wash all types of clothes together, use cold water and cold water soap.
- 64. All bleaches are the same.
- 65. You should not overload a washer.
- 66. Jeans should be turned inside out for laundering.
- 67. Cuticles should be pushed back when washing fingers and toes.
- 68. Lifting corners of toe nails when trimming can help avoid ingrown nails.
- 69. Spandex is a natural fiber.
- 70. A liquid chlorine bleach can intensify a rust stain.
- 71. Stain removers can be mixed safely.
- 72. If two different stain removers are used, it isn't necessary to rinse between uses.
- 73. Ironing does not affect stains.
- 74. Laundry detergent should be added to water after items are put in the washer.
- 75. Clothes should be removed from dryer immediately to avoid wrinkles.
- 76. Silk garments should be ironed on the right side.

77-81: Explain how to dry clothing on a clothes line.

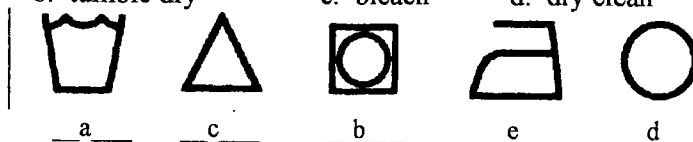
82-86: Explain process of laundering a wool sweater.

87-90: Explain why grooming is important.

EVALUATION KEY

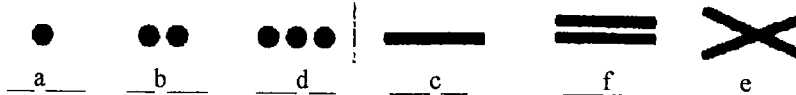
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- a 18. light-duty detergent b. dry bleach that works on most fabrics
- d 19. chlorine bleach c. detergent created for many fabric types
- c 20. laundry detergent d. liquid sodium hypochlorite
- b 21. oxygen bleach e. an agent that removes water hardness minerals

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- X all of the above.

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- Follow directions on any spot remover product.

47-51: Which of the following statements are general rules to use when drying clothes in a dryer.

- Don't over dry items.
- Use appropriate dryer setting for items.
- All types of items can be dried together.
- Garments should be totally dry when removed from dryer.
- All of the above.

52-56: Put an "S" in front of synthetic fabrics and an "N" in front of natural fibers:

- N silk
- S polyester
- N wool
- S nylon
- S rayon

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- F 72. If two different stain removers are used, it isn't necessary to rinse between uses.
- F 73. Ironing does not affect stains.
- F 74. Laundry detergent should be added to water after items are put in the washer.
- T 75. Clothes should be removed from dryer immediately to avoid wrinkles.
- F 76. Silk garments should be ironed on the right side.

77-81: Explain how to dry clothing on a clothes line.

Can hang on line or special drying rack. Place clothespins so they avoid wrinkles. Straighten clothes as much as possible. Be sure clothes line and pins are clean.

82-86: Explain process of laundering a wool sweater.

Check label to make sure it is washable. Use cold water and special wool cleaning product such as Woolite. Squeeze water through sweater gently. Do not rub or twist. Rinse well. Press water out with hands. Make outline of sweater on paper that will not fade. Lay sweater flat on top of paper that has been laid on a flat surface. Stretch sweater to shape. Stretch or mold sweater to correct size.

87-90: Explain why grooming is important.

Personal grooming makes an impression on people. The way you look shows your values. Grooming keeps you looking better and is a part of a good health plan.

LOOKIN' GOOD!

A Mini-Micropedia

(level 2, INTERMEDIATE)

These experiences are designed for minimal knowledge needed for clothing choice and care.

- Persons teaching clothing choice and care can use *LOOKIN' GOOD! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the Mini-Micropedia or by themselves.
- There are pre-oral tests and objective post tests included.

The objectives of this unit are to:

1. Analyze reasons for clothing choices.
2. Create an appropriate personal wardrobe inventory and plan.
3. Understand how clothing purchases affect personal goals.
4. Create a personal clothing budget.
5. Understand how to do comparison clothing shopping.
6. Demonstrate ironing techniques.
7. Make simple clothing repairs of sewing on a button, mending a seam, and sewing a hem.
8. Demonstrate shoe care.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Develop a questionnaire to consider why people choose the clothes they do. Distribute the questionnaire. Tabulate and share results.
2. Research the internet for processes of shoe care.
3. Interview a military person about the value of caring for shoes.
4. Ask two or more older people about the clothes they wore when they were in their teens. Question about fads, forms of decoration, modesty codes, fabrics. Write a short report that includes information on any old styles that have been recycled to the present. Share reports.
5. Visit a shoe repair store to find prices and shoe care suggestions.
6. Figure the cost per wearing of a recently purchased item. Evaluate the purchase.
7. Create a poster of places where clothing can be purchased. In small groups, list advantages and disadvantages of shopping at each place. Share poster and ideas with other groups.
8. Collect ads that show sale terms and create a poster or bulletin board with them.



Sharing Clothing Experiences



(Find one person who had one of the following clothing experiences. Have the person sign his/her name beside the item. Discuss the results.)

Made a poor clothing buy.
Bought a piece of clothing that doesn't fit well.... and it's supposed to!
Planned ahead for clothes needed for my job. Spent too much for an item that I wanted badly, then found it on sale at 50% off the next week.
Chose an item because it looked good on someone else.
Chose a piece of clothing because of a TV character.
Can read clothing labels.
Buy my clothes only because of the latest style.
Love fad clothes.
Buy only comfortable, loose clothes.
Only buy bargains.
Buy clothes for their sex appeal.
Hate to dress up.
Only wear jeans.
Own a good suit.
Never wear a tie.
Have a basic color that builds my wardrobe.
Have hemmed a skirt or pair of pants.
Buy only basic styles that will last a long time.
Have had a color analysis.
Have made a clothing budget.
Know how to iron a men's dress shirt.
Know how to wash a wool sweater.
Can judge the fit of a good suit.
Had a laundry problem at a Laundromat.



... AT CLOTHING MESSAGES

Define what you think a "clothing message" is.

List reasons why people judge by personal appearance as well as clothing.



Sit in a mall for at least 15 minutes to watch people. Take a small note pad and make the following observations using few words. List messages given by clothes and clues for your reaction. (i.e.

	<u>Message</u>	<u>Clues</u>
#1	Sexy, female	Tight shirt and pants, heavy make-up
#2	Rich, boss	Suit, tie, neat)

OR



Turn on the television! Turn off the sound! Watch for an hour or so and consider what you see. Observe the type of clothing and the messages sent by the clothes and grooming. Describe the messages and clues in a few words. Observe: Newscasters, weather men, sports announcers, teens, persons advertising products, game show hosts, actors, actresses.

(i.e. <u>Person</u>	<u>Message</u>	<u>Clues</u>
Newscaster	Professional, businesslike	Suit, tie, well groomed
Weatherman	Informal, friendly	Sport shirt)

QUESTIONS TO CONSIDER:

1. Could you tell the type of audiences that advertisers were trying to sell to by the clothing messages?
2. Are the messages sent by clothing always correct?
3. Do clothes sometimes become barriers when trying to communicate ? How?
4. What type of clothing should be worn for a job interview?
5. How can a person find out about appropriate clothing for different situations?
6. How are clothing choices affected by values, attitudes, conformity, individuality, and personality?

Evaluate what you are wearing today.

1. What messages does your clothing give?
2. What clues do people have to make the judgment?
3. Are you giving the real message of who you are?
4. For what type of environment is your clothing appropriate?
5. Would a communication barrier be put up with what you are wearing in a different environment?
6. What messages of your values, attitudes, individuality, and personality are you giving?
7. What clothes would be appropriate for interviewing for an office job? A construction job?

MY CLOTHING INVENTORY

Amount I have to spend on clothes \$ _____

Usable Clothes Description	Repair & Cleaning Cost	Description of Apparel Needed	Date Needed	Cost Estimate	Actual Cost
TOTALS					

Usable Clothes Description	Repair & Cleaning Cost	Description of Apparel Needed	Date Needed	Cost Estimate	Actual Cost
TOTALS					



WHAT ELSE SHOULD I CONSIDER?

Going to find a job? Going on for more schooling? Moving to a different community? "Aging out" of a program? Going out on your own? **You may find your new life or age doesn't match your present wardrobe or what you think you need!**

IT'S TIME TO THINK AHEAD!

Review your personal goals.

What do you plan to be doing in the next two or three years?

How can you find out about appropriate clothes if you are entering a new environment, lifestyle, or age change?

How much money do you think you will have to spend for clothing during these years?

Next year \$ _____ Second year \$ _____ Third year \$ _____ ?

During the years when you are responsible for your own clothing purchases and other living expenses, there may not be as much money available for clothes as you would like. **Is there a way you can plan ahead to help?**

Review your "MY WARDROBE INVENTORY" again.

What kind of clothing might you need that you don't have?

Will the choices you made help you meet your next goals and lifestyle?

Are there any items you could change with the addition of accessories to meet your new needs?

Item Needed	Cost	Alternatives	Cost



PLANNING MY CLOTHES BUDGET

Can you balance the amount that you have to spend with what you want?

Review your "My Clothing Inventory".

What is the difference between the amount of money you listed that you have for purchasing clothes and the amount you want for other clothing?

The amount I have to spend on clothes	\$	
The amount I would want for clothes	\$	
Difference	- \$	

Now prioritize the clothing needs that you feel you need. Number 1 should be what you need the most. Number 2 what you need next, etc.

ITEM NEEDED	COST
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
TOTAL	

Now balance your clothing budget:

Amount I have to spend	\$	
Amount I plan to spend	\$	
TOTAL DIFFERENCE	\$	



KNOW YOUR SHOPPING TERMS

Match the following terms with their meanings:

- | | |
|-------------------------------------|--|
| _____ first quality | a. Can be misleading. Do comparison shopping to check claim |
| _____ comparable value | b. Perfect condition |
| _____ returns | c. Slight flaw |
| _____ irregular | d. Merchandise that has been returned by customers or retailers |
| _____ seconds | e. Limited time price reduction. Items will be sold at higher price later |
| _____ warehouse sale | f. More flawed than irregular |
| _____ sale | g. Regular prices are reduced for limited time |
| _____ warehouse sale | h. Merchandise is sold out of warehouse at lower than normal prices |
| _____ special purchase | j. Regular store merchandise is being sold at lower price to reduce stock of store |
| _____ samples | k. Merchandise not normally sold in store. Watch out for inferior merchandise |
| _____ discontinued, cancelled goods | l. Merchandise that was shown to buyers before their orders were taken. |
| _____ odd lots | |
| _____ overstock | |
| _____ samples | |

Create a puzzle or game that includes the shopping terms listed above. Write the instructions below.



COMPARISON SHOP !!!

1. List:
 - a. as many ways as you can to save money when buying clothes.

 - b. the types of stores that are available in your community for buying clothes.

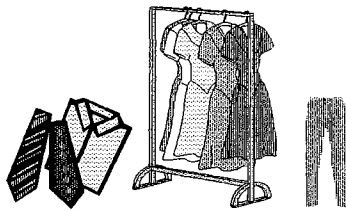
2. In small groups, compare your lists. Discuss:
 - a. the ways to save money when buying clothes.
 - b. advantages and disadvantages of shopping in each type of store in your community.

3. Choose two items from your own clothing needs list. Compare prices for the items at three different stores.

Item #1 _____		Item #2 _____	
Store #1	Cost:	Store #1	Cost:
Store #2	Cost:	Store #2	Cost:
Store #3	Cost:	Store #3	Cost:

4. Now make decisions about where you would shop and why. Consider cost, quality and service, reputation, exchange policy, etc.

<u>Item</u>	<u>Store where I would buy the item</u>	<u>Why I'd buy there</u>
Item #1		
Item #2		

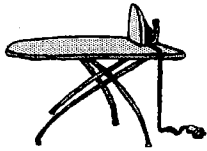


Visit a thrift shop and choose three articles to evaluate.

#1 Item _____
____ Style is appropriate for my environment and lifestyle
____ Seams are secure with small stitching
____ There are no holes visible
____ No signs of wear are present in the following areas:
____ shoulders ____ neck ____ back ____ elbows ____ seat
____ There is no odor present that is disagreeable
____ Labels are present
____ Washable ____ Dry-clean
____ Fits well
Other comments:

#2 Item _____
____ Style is appropriate for my environment and lifestyle
____ Seams are secure with small stitching
____ There are no holes visible
____ No signs of wear are present in the following areas:
____ shoulders ____ neck ____ back ____ elbows ____ seat
____ There is no odor present that is disagreeable
____ Labels are present
____ Washable ____ Dry-clean
____ Fits well
Other comments:

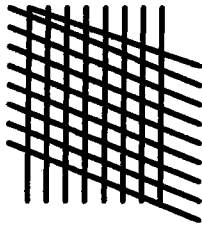
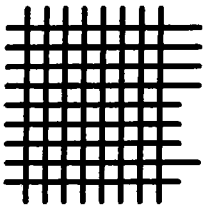
#3 Item _____
____ Style is appropriate for my environment and lifestyle
____ Seams are secure with small stitching
____ There are no holes visible
____ No signs of wear are present in the following areas:
____ shoulders ____ neck ____ back ____ elbows ____ seat
____ There is no odor present that is disagreeable
____ Labels are present
____ Washable ____ Dry-clean
____ Fits well
Other comments:



WHAT CAUSES WRINKLES WHEN YOU IRON?

Woven fabric is made of threads that are woven over and under each other in different patterns. If the threads are at perfect right angles to each other, the fabric is considered “on grain.” Clothes are designed and sewn so the threads are hanging straight up and down when they are worn. This makes clothes hang straight without sagging and wrinkles.

If the threads are pulled at an angle, they will stretch. When an iron forces the threads in the wrong direction, (not with the “grain”), wrinkles form. This is one of the reasons why clothes can be wrinkled when they are ironed.



Look at the clothes you are wearing to see how the threads form. You can also look at a piece of fabric and pull to see the threads go “off grain.” (Note that this is not true of knitted fabrics. They are formed by loops.)

When you iron, move the iron with the “grain” so the threads do not stretch and cause wrinkles.

IRONING A GARMENT

1. Look carefully at the threads of an article of clothing.
Notice the direction of threads in each area. The directions will direct the ironing process.
Notice the number of thickness in some areas where pieces are sewn together.
2. Demonstrate the ironing of a piece of clothes by writing directions, telling someone how to iron, or by really demonstrating the process.
3. Look at the label for the following information: Type of fibers _____
Special finish _____ Iron temperature _____
4. Check the appropriate preparation for ironing:
Steam press _____ Pre-sprinkle _____ No preparation needed _____
5. Process listed in correct order:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
 - 11.
 - 12.



REPAIRS NEEDED!

Replacing a button

(Replace a button on a piece of clothing that needs one, or sew one on a small piece of fabric.)

All pierced buttons need a shank to allow a buttonhole to fit smoothly under it. You can create a shank on a pierced button with thread. Use a mercerized "Regular" for light to medium-weight fabrics. Use "Mercerized Best Cord" for heavier fabrics. For very heavy fabrics use "Button & Carpet Thread."

1. Use thread single or doubled according to the thickness of the fabric. Draw it up evenly with each stitch. Make a small knot on the end.
2. Make a small stitch on the right side of the garment where the button will cover it. Pick up all thicknesses. Be careful not to let stitch show through facing of jacket or coat.
3. Take a second stitch across the same space.
4. Bring thread up through one hole of button. Center button over stitch.
5. Place a straight pin, bobbi pin, or toothpick between button and fabric.
6. Take three or four stitches through each pair of holes.
7. Bring needle and thread out between button and fabric.
8. Remove bobby pin or pick.
9. Wind thread a number of times around the attaching thread to form shank.
10. Take small stitch in fabric.
11. Take several small stitches under button, looping thread over needle to form knots.
12. Cut off remaining thread.



A smaller button inside is used for strength on a coat front.



Making a hem

(Create a hem on a small piece of fabric, or hem a real garment.)

When you don't want stitches to show on front of garment, use a hemming stitch on inside of garment. Use matching thread of weight appropriate to fabric.

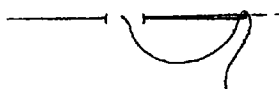
1. Fold fabric over from front to back for 1/4 inch and press, or sew with running stitches. (Can also use hemming tape.)
2. Turn fabric to the correct place for hemming and press.
3. Begin hem at a seam. Hide knot in seam.
4. Do not pull thread tight or puckers will show.
5. In garment fabric, pick up just a thread or two. Don't go through to outside unless necessary.
6. Finish a thread-length on hem or in seam. Use few over-and-over stitches. Cut, don't break, thread.



Mending a seam

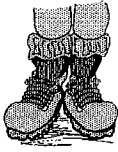
(Mend a seam in a real garment, or make a seam using two pieces of fabric to create a seam.)

Simple mending can be done on a sewing machine. To mend seams by hand, a simple back stitch is the strongest stitch of all. Use matching thread of appropriate strength for garment. Use a double thread.



"JOE'S SHOE LAMENT"

(WHAT JOE'S* SHOES SAID TO HIM)



Create a rap or poem about a pair of poorly cared for shoes.
Include what type of care the shoes would prefer and why



Demonstrate shoe care by showing or telling someone how to polish and care for a pair.

Consider:

Type of material in shoes _____

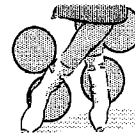
Equipment needed:

Cleaning process:

What to do if shoes get wet:

Other suggestions:

* Or write about "Josephine's Lament"



Oral Pre-Test
“Lookin’ Good!”
(Level 2 - Intermediate)

1. Explain different reasons why you choose the clothes you do. (*Style, look good on me, tell people who I am, feeling of belonging.*)
2. What does clothing tell you about people? (Attitudes, values, employment, personalities, individuality, what they like, etc.)
3. Have you ever made a wardrobe inventory? (*Yes or No*) What value would there be if you made a personal clothing inventory? (*Help plan purchases and budget. Consider future needs. Clean out, organize and repair.*)
4. How do you think your clothing purchases affect your goals? (*If too much is spent for clothes, there won't be enough money to do the things I want to do in the future. If I choose well, I can have the right kind of clothes when I'm on my own.*)
5. What comparison shopping methods do you use? (*Look in different stores to compare prices and choices. Look in unusual places such as resale shops, Goodwill, community clothes closets, etc. Buy on sales if price is right., etc.*) Do you know the meaning of sales terms: Irregular (*slight flaw*), samples (*merchandise that was shown to buyers before their orders were taken*), special purchase (*merchandise not normally sold in a store*), odd lots (*usually first quality of left-over merchandise after retailers order, etc.*)
6. Have you ever ironed shirts, blouses, pants? (*Yes or No*) Do you know what it means to iron with the grain of the fabric to avoid wrinkles? (*Iron in the direction in which the threads are going.*) What is the process of ironing a shirt? (*1. Press seams open on inside of shirt first unless they seem to go in one direction or are sewn shut. 2. Press facings 3. Press insides of pocket flaps and cuffs, areas around buttons 4. Press in order: trims such as bows and ruffles and cuffs, sleeves, yoke, body of garment.*)
7. Do you know how to sew on a button with a shank? (*Yes or No*) Do you know what stitch to use to mend a ripped seam? (*Backstitch*) Have you ever mended a seam? (*Yes or No*) Have you ever hemmed a pair of pants or a skirt? (*Yes or No*) Do you know what stitch to use? (*Hemstitch*)
8. How do you care for a pair of new leather shoes? (*Precondition with water repellent polish and then polish*) What can you do for salt stains on leather shoes? (*Remove salt with desalter product or sponge carefully with water. Then clean with saddle soap to soften smooth leather. When dry, use shoe polish.*)

EVALUATION

Mark a "T" in the blank if the statement is true. Mark an "F" if the statement is false.

- 1. Comparison shopping for clothes can save money.
- 2. Clothing sends messages about a person.
- 3. Hand painting on sweat shirts can be ironed safely.
- 4. Old clothes can be remade for fit and style.
- 5. Linen clothes usually require moisture and a hot iron to remove wrinkles.
- 6. When considering cost of clothes, you should also consider dry cleaning costs.
- 7. People choose types of clothing for different reasons.
- 8. Buying on credit is a wise way to shop.
- 9. You should press in the same directions that fabric threads are running.
- 10. Clothing choice has no affect on your personal goals.
- 11. Suede is not normally polished.
- 12. A simple backstitch is the strongest hand stitch.
- 13. A store's return policy should be checked before purchasing clothes.
- 14. Fabric will keep its shape when ironed in any direction.
- 15. Reviewing your goals can be helpful when making clothing choices.
- 16. Nylon fabric requires a hot iron.
- 17. Basic colors in a wardrobe offer mixing and matching of items to create more outfits.
- 18. Garment facings are linings at edge of areas such as collars and cuffs.
- 19. Some silks can be washed and ironed.
- 20. A steam iron should be unplugged when filling it with water.

Mark an "X" by the best answers.

21-25. The clothing people wear can:

- Give people messages on a person's values, honesty, and wealth.
- Help people to judge others
- Affect job applicants
- Affect communication between people
- All of the above

26-30. When you choose clothing you should consider:

- Communication barriers that can be created
- Personal budget
- Function of the clothing
- Appropriateness of the clothing
- All of the above

31-35. When ironing shirts or blouses:

- Press seams open on the outside of the garment first to remove moisture and wrinkles
- Press around and over the tops of buttons
- Press the insides of pockets and flaps
- Press in the direction of the threads
- All of the above

36-40. When creating a personal wardrobe inventory plan you should:

- Consider repairing items so they are wearable
- List items that you will want to add or replace
- Make choices that will fit into your clothing budget
- Consider the appropriateness of your clothing choices for different types of occasions
- All of the above

- 41-45. To take good care of shoes you should:
- _____ soften wet leather with shoe cream or saddle soap
 - _____ not have to polish new leather shoes
 - _____ clean synthetic shoes with detergent solutions
 - _____ use fine sandpaper to rough up suede nap
 - _____ all of the above

- 46-50. Match the following terms by placing the letter of the definition in front of the matching term:
- | | |
|------------------------|---|
| _____ clearance | a. merchandise not normally sold in a store |
| _____ special purchase | b. regular prices reduced for limited time |
| _____ irregular | c. slight flaw present |
| _____ sale | d. regular merchandise sold by a store that is sold at a lower cost to reduce inventory |
| _____ discontinued | e. merchandise shown to buyers before orders are taken |
| _____ samples | f. may be first, second, or third quality that is no longer being produced |

51-57. Shirts and blouses should be pressed in the following order. List in order with "1" being the first step, "2" being the second step, etc. Place the correct number in front of the process step.

- _____ Trims, bows, ruffles
- _____ Seams
- _____ Insides of pocket flaps, cuffs, facings
- _____ Sleeves
- _____ Body of garment
- _____ Collars and cuffs
- _____ Cuffs

58-61. List four places where you can dispose of clothing you no longer need:

- 1.
- 2.
- 3.
- 4.

62-66. List five places where you can shop for clothing other than department stores:

- 1.
- 2.
- 3.
- 4.
- 5.

67-70. List four thrift store shopping hints:

- 1.
- 2.
- 3.
- 4.

71-74. What is the value of making a personal clothing plan?

- 1.
- 2.
- 3.
- 4.

EVALUATION KEY

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- F 3. Hand painting on sweat shirts can be ironed safely.
- T 4. Old clothes can be remade for fit and style.
- T 5. Linen clothes usually require moisture and a hot iron to remove wrinkles.
- T 6. When considering cost of clothes, you should also consider dry cleaning costs.
- T 7. People choose types of clothing for different reasons.
- F 8. Buying on credit is a wise way to shop.
- T 9. You should press in the same directions that fabric threads are running.
- F 10. Clothing choice has no affect on your personal goals.
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- T 13. A store's return policy should be checked before purchasing clothes.
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Mark an "X" by the best correct answers.

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- | | |
|------------------------|---|
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| a ___ special purchase | b. regular prices reduced for limited time |
| c ___ irregular | c. slight flaw present |
| b ___ sale | d. regular merchandise sold by a store that is sold at a lower cost to reduce inventory |
| f ___ discontinued | e. merchandise shown to buyers before orders are taken |
| e ___ samples | f. may be first, second, or third quality that is no longer being produced |

51-57. Shirts and blouses should be pressed in the following order. List in order with "1" being the first step, "2" being the second step, etc. Place the correct number in front of the process step.

- 3 ___ Trims, bows, ruffles
- 1 ___ Seams
- 2 ___ Insides of pocket flaps, cuffs, facings
- 5 ___ Sleeves
- 7 ___ Body of garment
- 4 ___ Collars and cuffs
- 6 ___ Cuffs

58-61. List four places you can dispose of clothing you no longer need:

1. (*Rummage sales, garage sales, Goodwill, community clothes closets, consignment stores, used clothing stores, friends and relatives, garbage dump.*)
- 3.
- 4.

62-66. List five places where you can shop for clothing other than department stores:

1. (*Consignment stores; used clothing stores; Goodwill; community clothes closets; rummage sales;*
2. *want ads; outlet stores; antique stores; clothing specialty stores*)
- 3.
- 4.
- 5.

67-70. List four thrift store shopping hints:

1. (*Check under arms, neck, and back for wear; check for holes; pull seams gently; look for spots.*
2. *Remember that: some "dry clean" items can be washed; some woolen sweaters can be shrunk to fit;)*
- 3.
- 4.

71-75. What is the value of making a personal clothing plan?

1. (*Helps: prepare clothes budget; analyze needs; analyze wants; consider costs of cleaning and repair;*
2. *consider appropriateness for future plans; put clothes in repair and order; coordination of clothes.*
3. *Gives organizational practice.*)
- 4.
- 5.

LOOKIN' GOOD!

A Mini-Micropedia

(level 3, Adequate)

These experiences are designed for adequate knowledge needed for clothing choice and care.

- Persons teaching clothing choice and care can use *LOOKIN' GOOD! A Mini-Micropedia* along with these added learning experiences.
- The learning materials can be used with the Mini-Micropedia or by themselves.
- There are pre-oral tests and objective post tests included.

The objectives of this unit are to:

1. Judge quality and fit of clothing.
2. Understand appropriate storage methods for clothing.
3. Apply principles of line/design/color to personal clothing choices.

Suggested Added Learning Experiences

(These can be used according to the capability of the learner.)

1. Visit a department or clothing specialty store for a demonstration on clothing fit.
2. Interview a tailor to learn about fabric quality and fit.
4. Make a list of items needed for clothing storage.
5. Ask a color consultant to give a demonstration.
6. Read "Color Me Beautiful" by Carole Jackson and do a personal color analysis of yourself.
7. Create an outfit for yourself that uses appropriate design principles for you. (Can use catalogs, newspapers, etc.)
8. Plan a fashion show using local thrift store clothing. Set dollar limit such as \$25.00 for each outfit. Compare this cost with new purchases.
9. Create a scrapbook of ideas for clothing that is appropriate for yourself.
10. Research clothing storage on the internet. List appropriate storage materials.

YOU BE THE JUDGE!



Look carefully at a garment and judge its quality by looking at the inside and the outside. Fill in the following chart. (You can also do this in groups and have each person evaluate as if he were a jury member. Compare your findings and make a judgment.) Check items below that pass your judgment of quality.

<p>Seams</p> <p><input type="checkbox"/> Width is even and wide enough to handle strain</p> <p><input type="checkbox"/> Edges are finished so they won't ravel</p> <p><input type="checkbox"/> Major stress points are reinforced (stitches, rivets)</p> <p><input type="checkbox"/> Plaids and designs match</p> <p><input type="checkbox"/> No puckers</p> <p><input type="checkbox"/> Stitches are even, small, securely fastened at ends</p> <p><input type="checkbox"/> Thread is matching and appropriate for fabric</p> <p>Trims & Decorations</p> <p><input type="checkbox"/> Suitable for garment</p> <p><input type="checkbox"/> Well placed</p> <p><input type="checkbox"/> Neatly and firmly attached</p> <p><input type="checkbox"/> Laundering/dry-cleaning instructions shown for trim</p> <p><input type="checkbox"/> Points on collars neatly finished</p> <p>Linings</p> <p><input type="checkbox"/> Fit smoothly into garment</p> <p><input type="checkbox"/> Appropriate fabric for garment</p> <p><input type="checkbox"/> Have back pleat or extension allowance</p> <p>Buttons and Fasteners</p> <p><input type="checkbox"/> Firmly attached</p> <p><input type="checkbox"/> Suitable size and style for garment</p> <p><input type="checkbox"/> All buttons there (extras provided)</p>	<p>Interfacing & Padding</p> <p><input type="checkbox"/> Properly placed and inserted</p> <p><input type="checkbox"/> Shoulder pads soft, lightweight, smooth shape</p> <p><input type="checkbox"/> No puckering seen at sleeve backs/shoulders</p> <p><input type="checkbox"/> Lapels lie flat to chest with graceful roll</p> <p><input type="checkbox"/> Interfacing firm with no puckers</p> <p>Zippers</p> <p><input type="checkbox"/> Smooth and flat</p> <p><input type="checkbox"/> Appropriate color, weight, strength</p> <p><input type="checkbox"/> Slide smoothly</p> <p><input type="checkbox"/> Reinforced at points of strain</p> <p>Pockets</p> <p><input type="checkbox"/> Flat, smooth with reinforced corners</p> <p><input type="checkbox"/> Well matched</p> <p><input type="checkbox"/> Firmly woven linings</p> <p>Fabric</p> <p><input type="checkbox"/> Care label is visible</p> <p><input type="checkbox"/> Appropriate for use of garment</p> <p><input type="checkbox"/> Care is appropriate</p> <p><input type="checkbox"/> When crushed in hand, snaps back (unless ironing is preferred)</p> <p><input type="checkbox"/> Garment is cut on the grain. (Direction threads are going in a woven fabric should be at right angles or garment won't hang straight.)</p>
---	--

PERSONAL JUDGMENT

- Good quality
- Medium quality
- Poor quality

GROUP JUDGMENT

- Good quality
- Medium quality
- Poor quality

??? WHAT DID YOU LEARN FROM THIS TRIAL???



HOW TO AVOID A TAILOR. . . .

When buying a ready made men's suit, good fit can be a challenge. Since suits are costly items, it is important to choose quality that looks good on the wearer. If you look hard and judge quality well, the expense of a tailor (who is often out of the question!) can be avoided. Help get the most for your dollar by judging quality fit.

TRY IT!

Judge the following quality of fit on a suit worn by a man. Check off the following items that meet your approval.

- Jacket hangs without wrinkles or bulges.
- Collar lies flat and close to neck exposing 1/2 inch of shirt collar in back.
- Shoulder line is smooth and straight from neckline to high point of sleeves.
- Shoulder pads are smoothly shaped.
- Lapels lie flat with gentle roll. Good interlinings keep their shape. No ripples in fabric.
- Armholes follow natural arm line and do not bind.
- Sleeves are comfortably wide, tapered, and pressed without crease. Sleeves for men should allow about 1/2 to 3/4 inch of shirt cuff to show.
- For correct waist line fit, an "X" shape should come from center button of jacket when buttoned. The "X" shape shouldn't be too indented.
- Trouser waist is snug, but not tight. Back seam allows fabric for alterations.
- Seat is comfortable for activities.
- Wrinkle free crotch doesn't bind.
- Trousers hang straight from waist. Creases run with lengthwise grain of fabric so they hang straight.
- Legs are just long enough for slight break at instep.
- Fabric is of good quality that doesn't wrinkle.

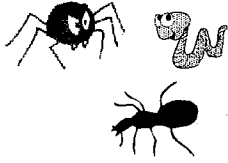
You should also check quality of the suit as your would for any garment. Check:

- | | |
|--|---|
| <input type="checkbox"/> zipper | <input type="checkbox"/> linings |
| <input type="checkbox"/> seams | <input type="checkbox"/> pockets |
| <input type="checkbox"/> buttons and fasteners | <input type="checkbox"/> interfacing and paddings |
| <input type="checkbox"/> trims and decorations | <input type="checkbox"/> fabrics |

JUDGMENT: Good quality Medium quality Poor quality

?? ? WHAT DID YOU LEARN FROM THIS LESSON? ? ?

PROTECTING YOUR CLOTHES FOR SEASONAL STORAGE!



WHICH KINDS OF INSECTS ARE CLOTHES "ENEMIES"?

- 1.
- 2.
- 3.

WHAT KINDS OF SUPPLIES WILL YOU NEED TO KEEP THE INSECTS FROM ATTACKING?

- 1.
- 2.
- 3.

HOW WILL YOU PROTECT THE STORAGE AREAS?

- 1.
- 2.
- 3.
- 4.

IN WHAT WILL YOU STORE THE CLOTHING?

- 1.
- 2.
- 3.
- 4.

WHY SHOULD YOU BE SURE ALL ITEMS ARE CLEAN BEFORE STORING?

WHY SHOULD CLOTHES BE MENDED BEFORE STORING?

WHAT WILL BE YOUR PLAN OF ATTACK TO PROTECT WOOLEN CLOTHING?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

WHAT WILL BE YOUR PLAN OF ATTACK TO PROTECT OTHER CLOTHING?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



THE WAY I SEE MYSELF

MY BODY SHAPE:

- tall
- average
- short
- thin
- heavy
- average weight
- top heavy
- bottom heavy
- short waisted
- long waisted
- thick waisted
- short necked
- long necked
- big feet
- other _____

PROBLEM AREA TO DE-EMPHASIZE

- waist
- hips
- chest/bust
- stomach
- heavy legs
- skinny legs
- thick ankles
- wide shoulders
- narrow shoulders
- round shoulders
- long arms
- short arms
- fat arms
- protruding derriere
- other _____

POSITIVE AREA TO EMPHASIZE

- face
- hair
- neck
- bust or chest
- waist
- legs
- shoulders
- arms
- derriere
- eyes
- feet
- flat stomach
- hips
- other _____
- other _____

POSTURE

- erect
- slumped

FACE SHAPE

- oval
- round
- triangle
- diamond
- square

MY PERSONALITY

- quiet
- moody
- outgoing
- shy
- other _____
- energetic
- nervous
- calm
- athletic

COLORS THAT LOOK GOOD ON ME:

LIST OF THINGS I WILL DO TO USE LINE AND DESIGN TO MY ADVANTAGE:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

CREATE A NEW WARDROBE

Find pictures or draw pictures of the following articles of clothing that are appropriate for your body shape, coloring and personality. (You can use this sheet, or make a notebook from other paper.)

Coat

Why it would look good on me:

Suit

Why it would look good on me:

Sport outfit

Why it would look good on me:

Dress-up outfit

Why it would look good on me:

Shirt and Skirt or Pants

Why they would look good on me:

ORAL TEST
“LOOKIN’ GOOD!”

Adequate

1. How do you judge quality in clothes? *(Seams, stitching, pocket linings, fit, buttons & fasteners, trim, zippers, linings, interfacing, shoulder pads, fabric, etc.)*

2. How do you judge the fit of clothes such as a men’s suit? *(No wrinkles or bulges, collar lies flat, good interlining, shoulder pads smoothly shaped, lapels lie flat with gentle roll, arms & crotch don’t bind, sleeves & pant legs are comfortably wide, back seam allows for alteration, wrinkle free crotch, pant creases run with lengthwise fabric grain, made of quality fabric that does not wrinkle, sleeve length allows 1/2 to 3/4 inch of shirt cuff to show.)*

3. How do you store clothes off season to prevent insect damage? *(Clean area in which clothes will be stored including under baseboards of closets. Repair. Remove spots. Clean or launder if appropriate, Remove belts. Store in tightly closed boxes, plastic or garment bags, or cedar lined area. Store in dry areas.)*

4. How do you use line and design to make you look good in your clothing choice? *(Change the look of your body proportions with optical illusions of lines created by your clothes. i.e. Look shorter by creating lines to carry eyes horizontally by wearing clothes of same color and using vertical trims. Attract eyes to areas you want larger with horizontal lines. An area can appear smaller by taking eyes away from area and carrying out vertical lines.)*

5. How do you use color in your clothing to flatter your skin color? *(Choose colors that enhance your skin tones. Use bright colors to attract eyes to part of your good body features.)*

EVALUATION

Write a "T" in front of the statements that are true. Write an "F" in front of the statements that are false.

- 1. A bright red belt worn on a pair of dark blue pants can be flattering to a thick waist.
- 2. Linings in pockets help you judge clothing quality.
- 3. Quality clothing matches plaids at seams.
- 4. Small people should wear small designs.
- 5. Bangs can make a face look more narrow.
- 6. Clothes can be stored safely without removing stains.
- 7. Lines can create optical illusions that fool the eyes.
- 8. Sweater ribbing should retain its shape.
- 9. Charcoal can be helpful to remove moisture in a space.
- 10. A nylon zipper is a good choice for a pair of cotton pants that need pressing.
- 11. Armholes of suits should follow natural arm line and not bind the arms.
- 12. Trouser legs should fit comfortably over thighs and calves.
- 13. There should be a back pleat or extension allowance in a coat lining.
- 14. Men's suit sleeves should not allow sleeve cuffs to show.
- 15. Coat sleeves of women's coats should break at wrist.
- 16. Avoid hanging clothes too closely together to avoid wrinkles.
- 17. Moth larvae, not moths, make holes in wools.
- 18. Colors in clothes can show personalities.
- 19. Back seams of men's suits should allow extra seam space for alterations.
- 20. Green and blue colors remind people of living, growing things, and calm blue waters.
- 21. Contrasting colors at the shoulder line make shoulders appear more narrow.
- 22. Bulky, heavy textures make a person appear larger.
- 23. Knitted sweaters should be hung on rust proof hangers.
- 24. Shoulder pads should fit smoothly.
- 25. A pair of pants should be hung from its waist on a hanger.

Put an "X" by all the correct answers.

26-30. A quality pair of jeans should have:

- a preshrunk label
- nylon thread reinforcement at pocket edges and zipper end
- firmly stitched seams
- flat fell seams with two rows of stitches
- waistband made of two or more layers

31-35. The qualities of a good fit in a men's suits are:

- Trousers that fit snugly
- Trousers that hang straight from the waist
- A jacket that hangs with no wrinkles or bulges
- Lapels that lie flat with a gentle roll
- A collar that allows one inch of a shirt collar to show at the back

36-40. When storing woollens you should:

- Use moth blocks to remove any larvae that is present
- Follow directions fully on moth sprays
- Remove spots before storing
- Store sweaters in plastic bags or tightly closed boxes
- Use wooden, plastic, or coated hangers.

41-45. If a person wants to appear taller and thinner, he/she should:

- Wear one color outfits
- Wear bold plaids or bold prints
- Use light, bright, warm colors
- Use small belts that match outfits
- Use vertical lines in clothes

46-50. To attract attention to a body area:

- Apply decorations
- Use clingy fabrics
- Use little design
- Use large, busy prints
- Use dark, dull colors

51-55. Colors worn in clothing:

- Show a person's personality
- Can change the way you look
- Reflect their colors to skin tones
- Draw attention to body parts
- All of the above

56-59. List four things to help judge the seam quality in clothes.

- 1.
- 2.
- 3.
- 4.

60-63. List four ways to judge quality in buttons and trim of garments.

- 1.
- 2.
- 3.
- 4.

64-67. List three insects that can cause clothing damage.

- 1.
- 2.
- 3.

68-72. What five things can you do when you prepare clothing for seasonal storage?

- 1.
- 2.
- 3.
- 4.
- 5.

73-75. Three ways design details in clothes can create lines are:

- 1.
- 2.
- 3.

EVALUATION KEY

Write a "T" in front of the statements that are true. Write an "F" in front of the statements that are false.

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- T___ 4. Small people should wear small designs.
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- F___ 6. Clothes can be stored safely without removing stains.
- T___ 7. Lines can create optical illusions that fool the eyes.
- T___ 8. Sweater ribbing should retain its shape.
- T___ 9. Charcoal can be helpful to remove moisture in a space.
- F___ 10. A nylon zipper is a good choice for a pair of cotton pants.
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- T___ 16. Avoid hanging clothes too closely together to avoid wrinkles.
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- T___ 18. Colors in clothes can show personalities.
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- T___ 24. Shoulder pads should fit smoothly.
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Put an "X" by all the correct answers.

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- ___ Show a person's personality
- ___ Can change the way we look
- ___ Reflect colors to skin tones
- ___ Draw attention to body parts
- ___ Can give a false impression

56-59. List four things to help judge the seam quality in clothes.

1. *(Width, finished edges, matching plaids, no puckers, small, even stitches that are locked on ends, matching and appropriate thread)*
- 2.
- 3.
- 4.

60-63. List four ways to judge quality in buttons and trim of garments.

1. *(Buttons and trim are firmly attached, suitable size, suitable style, well placed. Extra buttons provided. Points of collars and pockets neat. Laundering methods for trim noted.)*
- 2.
- 3.
- 4.

64-67. List three insects that can cause clothing damage.

1. *(Silverfish, moth larvae, carpet beetles)*
- 2.
- 3.

68-72. What five things can you do when you prepare clothing for seasonal storage?

1. *(Remove belts, hang straight, fold sweaters, zip sippers, button top button if hanging, spray wool or use insect repellent, brush woolens, clean storage areas, etc.)*
- 2.
- 3.
- 4.
- 5.

73-75. Three ways design details in clothes can create lines are:

1. *(Belts, color contrasts, seam placement, buttons, collars, ruffles, decorative details, fabric design, sleeve length, etc.)*
- 2.
- 3.